



# The Graduate Quarterly

Newsletter of IPAGS - Illinois Psychological Association Graduate Students

Vol. 2, No. 3 - January 2006

## A Busy First Semester for IPAGS ... Continuing in the Spring Amy Tilley, M.A.

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### "Creating Cohesion" Workshop a Success Claudelle Glasgow, M.A.

In November, IPAGS conducted a workshop titled "Creating Cohesion: Special Considerations in Treating Children and Adolescents." This was a round-table discussion led by Dr. Elizabeth Yellen, a clinical psychologist at Erie Neighborhood House. Dr. Yellen began the discussion with personal accounts of her extensive experience working with child and adolescent populations across cultures.

Among the topics explored was the nature of play therapy, therapeutic approach, and interventions. Participants showed particular interest in the manifestations of trauma and ways of tracking traumatic reenactment in treatment. Dr. Yellen illustrated the many faces of trauma through a survivor's life as seen in play, interpersonal relationships, and trans-generational patterns among parents who were also survivors of abuse. Included in this discussion was the process of reporting abuse and its impact on future treatment, particularly within various cultural contexts. The dialogue progressed towards techniques that integrate parents into the therapeutic process.

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Welcome back to a start of a new semester, everyone! IPAGS hopes that you had a restful, relaxing holiday season. Did you all take some time off from your dissertation or those stressful internship interviews that are right around the corner? Now that it is back to reality (unfortunately), IPAGS is ready to go with some great events coming up in the next several months.

This past semester, IPAGS was able to offer several workshops, as part of our multicultural and diversity series. Our biggest event was the first annual, IPAGS student run seminar at the IPA Convention. It was deemed a success by the committee and members of the IPA. We were grateful to have 5 wonderful speakers, and a member of the IPAGS committee speak at the seminar. IPAGS would like to sincerely thank Drs. Berg, Durlak, Gorman, Hoover, and Nicholson, and our very own IPAGS Secretary, Molly Pachan, for making the first ever student seminar a success! Student attendees received knowledgeable information about presenting posters, the importance of using evidenced based treatment, how to land a post-doc job, recognizing diversity and multiculturalism in the psychotherapy

hour, how translators impact the therapeutic relationship, and the hot topic of prescription privileges relating to licensed psychologists. There was something available for the research- and clinical-minded student alike. Next year's convention is slated for late October 2006, and IPAGS is gearing up for another student run seminar. Breese Anderson and I are anxiously awaiting the opportunity to work with Dr. Nell Ryan, President-Elect, in planning another fantastic IPA Convention!

The spring semester promises to be an eventful one for IPAGS. Bindu Seth and Claudelle Glasgow have several professional development and multicultural events planned—see their articles for more information. Julie Atkins and Bridget Burnett are hard at work planning the Second Annual Networking Breakfast for all IPAGS graduate student members and licensed psychologists. This is a great opportunity to meet professionals in the field and connect with people that have similar interests as you. Yoendry Torres is also working on our website, which will have all the latest information about IPAGS.

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### IPAGS MISSION STATEMENT

We at IPAGS strive to enhance the professional development of Illinois Graduate Students in Applied Psychology by developing and implementing programs to educate our members about legal and ethical concerns, clinical issues, and emerging roles. IPAGS believes that by educating future clinicians we help individuals make informed decisions, which will increase the practice of a competent psychologist. By developing professional relationships with psychologists and students, IPAGS strengthens the field of applied psychology and creates an environment for students to grow, learn, and develop.

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## IPAGS Networking Breakfast 2006

**When:** Saturday, February 11<sup>th</sup> 9:00-11:00am

**Where:** Olson Auditorium at Illinois Masonic Hospital, on Wellington and Mildred right off the Wellington Brown line stop. Street parking or for a fee in the hospital garage

**Who:** All are welcome to attend! Not a member yet? Sign-up upon arrival!

\*Come to the IPAGS Networking Breakfast and break bread with members of the Illinois Psychological Association as well as fellow IPAGS members.

\*This is a great opportunity to get to know some very active IPA members in the Chicagoland area.

\*Many IPA members are also Practicum/Internship supervisors or are familiar with sites in the area. By attending this event, you have the opportunity to get your name out in the IPA community.

\*Meet fellow students and pick their brains regarding Practicum/Internship sites.

\*If interested, become an IPAGS member if you aren't one already. This not only looks great on your resume or CV, but as a member, you have discounted access to IPAGS workshops and access to the Mentoring program. Come to the breakfast for more info!

**We hope to see you at the Networking Breakfast!**

**For more information, contact:**

**Amy Tilley:** [tilleyal@sbcglobal.net](mailto:tilleyal@sbcglobal.net)

**Breese Anderson:** [breese\\_anderson@hotmail.com](mailto:breese_anderson@hotmail.com)

## The personal and professional benefits of presenting research posters

Molly Pachan

As if graduate school wasn't complicated enough, the pressure to publish can add another daunting task to the list of things you'd like to do before you hit the job market. Why, you might be thinking, is there so much emphasis in our field on publication? Why do those lines on your CV mean so much to faculty and future employers, when all you want to do is get great training and start working?

Presentation of your research may be easier and more important than you think. For clinical psychologists, sharing information is foundational to the scientist-practitioner model. Without both basic and applied research, therapists have no grounding for theories, no credibility for their methods, and no assurance that what they do actually helps clients. So how can you join in this process?

Presenting a research poster is a relatively easy way to share ideas. First, you need a research idea. A mentor at your school or other training site can be instrumental in helping you shape your project. Once you have an interesting piece of research, find the right audience. Sometimes smaller conferences are more specialized, while others include broad areas of psychology. Your mentor can help you choose an appropriate conference for submission.

When creating your poster, you are telling the story of your scientific inquiry. Think of how you can succinctly teach the audience about your project. Allow yourself to use many aids. There are excellent resources online and in books published by APA that detail the construction of successful research posters. Allow yourself plenty of time to plan the poster within the conference's specific guidelines.

Finally, the big day arrives. During your poster session, be prepared to discuss the project with passers by. Be open to their advice—perhaps a leader in your field will provide a golden insight that can help you improve your project. Bring along a notebook to jot ideas, business cards if you have them, and a sheet to record the contact information of persons who are interested in learning more about your work. This networking can be of critical assistance later on when you are looking for funding or a job.

Most of all, enjoy this experience! How often do you get to take a break from the bustle of your everyday routine and gather with people who all care about the same topic? This is an opportunity to meet people with fresh ideas on your topic. Be clear, be concise, and remember to enjoy yourself.

## It's not too early: 2006 IPA convention

Breese Anderson

The 2005 IPA Convention held in November was a huge success for IPAGS. Everyone on the committee was thrilled with the outcome of our program entitled "A Toolkit for Early Career Psychologists". We felt that we were successful in providing outstanding speakers who addressed topics which affect both our present and future career development. However, just as IPAGS is continuing to grow and improve each year, we hope that our convention programs can do the same. Although the next convention is almost a year away, the IPAGS committee is starting to plan now so that we can use the feedback we were given and develop even better ideas for 2006.

As Chair-Elect of IPAGS, I will be spearheading next years IPAGS Convention program and am excited about the opportunity to help make the 2006 IPA Convention accessible, interesting, and relevant for early career psychologists. I hope to achieve this by working closely with the IPA President Elect, Dr. Nell Ryan, and talking with students throughout coming year. While we don't know of the official Convention title as of yet, we will work to develop a program which mirrors the overall convention theme but addresses the unique needs of graduate students.

In addition to our program, IPAGS has decided to give students the opportunity to present their research. Whether it's your dissertation or outside research you are conducting with a professor, presenting research is a great way to share your work, get valuable feedback, and network with others in the field. And as an extra incentive, IPAGS will be awarding monetary prizes to first, second, and third place winners. So, while the 2006 IPA Convention may seem like a long way away, it's not too early to start thinking about what you would like to have offered and how you can contribute! The IPA Convention is a wonderful forum for graduate students and we hope you all will take advantage of this opportunity in 2006!

## IPA Convention 2006

### A call for poster presentations!

**Do you:** Have research that you would like to share and possibly receive a cash reward for? Want to get your name out in the Illinois psychological community? Want to bulk up your resume and highlight your research skills and experiences? Want to attend the 2006 IPA convention at no cost? If you answered yes to any of these questions, presenting a poster at the 2006 IPA Convention might be for you!

#### **What are the benefits to presenting a poster at the IPA convention?**

- \*Use the IPA convention to display your talents and get your name out in the Illinois Psychology Community!
- \*Present your poster highlighting your research for hundreds of area psychologists to view!
- \*If you are a Psy.D. student, this is an excellent way to hone your research presentation skills
- \*If you are a Ph.D. student, this is an excellent way to display your work to many area psychologists in one setting
- \*The winner of the poster presentation will receive a cash prize!!
- \*Presenters get admission to the IPA convention waived!!!

For more information, please contact  
Breese Anderson, IPAGS Chair-Elect:  
[breese\\_anderson@hotmail.com](mailto:breese_anderson@hotmail.com).

## IPAGS is proud to highlight student researchers in our newsletters!

Are you working on research that you would like to share with the psych community? Get your research and name out there by having your research highlighted in the IPAGS newsletter! For more information or to have your research included, contact Bridget Burnett, IPAGS Academic Liaison at [bburnett@csopp.edu](mailto:bburnett@csopp.edu)

Name: Trisha M. Dunkel, MA  
tdunkel@luc.edu  
School: Loyola University Chicago  
Program: Developmental Psychology, PhD  
Year: 3<sup>rd</sup> year

My area of interest includes developmental factors involved in women's exercise motivation throughout the life span. I am especially interested in factors related to 'excessive exercise', being the result of obligatory thoughts and behaviors related to eating disorders.

My past research includes my thesis project entitled, *Concurrent Validation of the Emotional Assessment System (EAS) with the Personality Assessment Inventory (PAI)*, completed at Roosevelt University Chicago, 2005. This empirical project was conducted in order to further assess the validity of the currently developing Emotional Assessment System (EAS).

As a Graduate Assistant at Loyola University I am currently involved in a research project studying language development in bilingual and monolingual children. We are assessing children's language development for English, Spanish, and Urdu, in Chicagoland schools.

A research project soon to take place involves assessing the effects of sociocultural factors in older and younger Indian- (India) and Indian-American women, comparing such factors as the role of dress, traditional (covered) and nontraditional, on their perception of body image. Participants will complete questionnaires designed to measure preference and comfort level of clothing, body image perception and preference, and media exposure. My hypotheses will consider choice of dress and age involving views of body image. The number of years women have lived in the United States will also be expected to influence their views to be more favorable of the thinner image.

Another research project on the horizon involves assessing a developmental trend in exercise motivation between school-age and college-age women, measuring body image, family dynamics, current health, and other cultural factors. Participants will complete questionnaires designed to measure body image concerns and attitudes about exercise. My hypotheses will relate to the presence of body image concerns influencing the impact of obligatory thoughts and behaviors associated with exercise.

My goals for the future include avid research and teaching. I hope for the opportunity to teach at a collegiate institution with the ability to promote the importance of psychological research among students.

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## IPAGS WANTS YOU! To become an IPAGS Campus Representative

### ***Definition of Position:***

A Campus Representative for the Illinois Psychological Association of Graduate Students (IPAGS) is a member of the Illinois Psychological Association (IPA) and a member of the IPAGS section who acts as a point person for the organization on his/her school's campus.

### ***Benefits:***

- ♦ Learn about state advocacy
- ♦ Learn about the many IPAGS opportunities
- ♦ Enhance your professional development
- ♦ Develop priceless leadership skills
- ♦ Network with other psychology students and professionals
- ♦ Opportunity for advancement in IPAGS leadership
- ♦ Have an impact on the field of psychology

### ***Responsibilities:***

- ♦ Disseminate IPAGS information and updates on issues that affect state psychology to your departmental colleagues via e-mail, mailings, posting information, etc.
- ♦ Communicate with the IPAGS Student Membership Chair providing updates on any questions or student needs
- ♦ Recruit new members by distributing applications for IPAGS, possibly speaking in classes, or contacting the appropriate individuals to speak about IPAGS
- ♦ Respond to IPAGS calls for action by encouraging your colleagues to become involved in state legislative initiatives
- ♦ Attend IPAGS meetings as required; Position involves a minimal time commitment which depends on your availability

For more information or to inquire about involvement contact Julie Atkins, Illinois Psychological Association of Graduate Students Membership Chair at [julieatkins79@hotmail.com](mailto:julieatkins79@hotmail.com)

To become a member of the Illinois Psychological Association and the Illinois Psychological Association of Graduate Students section apply online at [www.illinoispsychology.org](http://www.illinoispsychology.org)

# IPAGS

### Busy First Semester - Continued From Page 1

IPAGS is very excited about the events we have planned for all graduate students. All of these events are great opportunities for you to become more involved in your graduate career—and to have fun socializing at the same time! If you have any questions, do not hesitate to email me (tilleyal@sbcglobal.net) or any of the IPAGS members. All of our emails are on the contact page of the newsletter. We look forward to seeing you at the events planned for this spring! Good luck with classes, dissertation, and internship interviews! Have a successful semestre

### Creating Cohesion - Continued from Page 1

Both the facilitator and the participants engaged in a conversation of the importance of including the parents as your clients, creating an environment where they can share their parenting experience, receive psycho-educational direction, and linkages for further treatment. The discussion closed with Dr. Yellen's account of working with differing cultures and races. Dr. Yellen's picture of working with this population helped give participants an alternative look at treatment beyond the books, fostering increased awareness

## Numbers You Should Have

**Illinois Psychological Association**  
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**Ronald Woods**  
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**IPA Web Site**  
**www.illinoispsychology.org**

**Illinois Department of Financial &  
Professional Regulation**

**Licensure Requirements or Pending  
Applications:** (217) 785-0800

**New Applications and Changes to  
Current Licenses:** (217) 785-0800 ask  
for *Licensure Maintenance Unit*

**Complaints against licensed  
professionals:** (312) 814-6910

**Mailing Labels of Licensed  
Professionals:** (217) 785-0920

**IDFPR Web Site**  
**www.idfpr.com**

**Abuse Reporting Hotlines**

**Child Abuse**  
**(800) 252-2873**

**Elder Abuse**  
**(800) 252-8966 (8 a.m. - 5 p.m.)**  
**(800) 279-0400 (after 5 p.m.)**

**American Psychological Association**

**(800) 374-2721**  
**Web Page**  
**www.apa.org**

## Quick Reference E-Mail Center for IPA

### IPAGS Officers

Amy Tilley, Chair  
Breese Anderson, Chair-Elect

Molly Pachan, Secretary  
Lesile Crea, Treasurer  
Bridget Burnett, Academic Liaison  
Julie Atkins, Student Membership Chair  
Bindu Seth, Professional Development Chair  
Yoendry Torres, Communication Chair  
Eric Willms, Newsletter Editor  
Jason LaHood, IPA Graduate Student Liaison

John Blattner, Ph.D., IPA President  
Nell Ryan, Ph.D., IPA President-Elect  
Armand Cerbone, Ph.D., ABPP, IPA Past-President, IPAGS Liaison  
Terrence J. Koller, Ph.D., IPA Executive Director  
Lynda Behrendt, Psy.D., R.N., Director of Professional Affairs  
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**Save these Dates!**

**The 2006 Annual IPA CONVENTION**

**October 26, 27, & 28, 2006  
Lisle/Naperville Hilton Hotel  
Lisle, Illinois**